

Health & Wellness Providers for Nantucket Residents

Updated May, 2011

Courtesy of the **Community Foundation for Nantucket**

We make it easy to care for Nantucket

www.cfnan.org

in cooperation with the

Nantucket Healthy Community Collaborative

The Nantucket Healthy Community Collaborative includes representation from a wide range of community stakeholders who are committed to address Nantucket's Human Service needs. The goal of the NHCC is to continually improve community resources which enable the people of Nantucket to live more healthy lives.

24 hours a day / 7 days a week

FREE ★ Confidential ★ Multilingual/TTY

Mass 2-1-1 helps you find free information on:

- ★ Food
- ★ Shelter
- ★ Rent assistance
- ★ Utility bill assistance
- ★ After-school programs
- ★ Child care
- ★ Counseling
- ★ Senior services
- ★ Disaster relief
- ★ Much more!

A Safe Place, Inc.

24 Amelia Drive, Nantucket, MA 02554

Kat Robinson Grieder, Executive Director, 508-228-0561

info@asafelacenantucket.org

www.asafelacenantucket.org

A Safe Place offers the following programs: Domestic Violence Community Based Services, Sexual Assault Prevention & Survivor Services, Supervised Visitation, and Child Witness to Violence Services. Our services include: 24-hour hotline, crisis intervention, supportive counseling, safety planning, advocacy (court, legal, medical, police), and outreach/education for the community. Our Supervised Visitation Program provides a safe and comfortable place to exchange or visit with children as well as parenting support. Our Child Witness to Violence Program provides counseling for children who have witnessed or experienced violence

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in the home. Services are confidential and nearly all are free of charge. Interpreters available; GLBTQ welcome.

Alliance for Substance Abuse Prevention, Inc. (ASAP)

20 Vesper Lane, Gouin Village, L-1, Nantucket, MA 02554
Jacqueline McGrady, President
508-228-2689
mcgradyja@comcast.net
www.asapnantucket.org

Our mission is to provide leadership, education and support in the community for the prevention and treatment of alcoholism, addiction, substance abuse, and related problems. The Nantucket Teen Center (508) 325-5340 provides a safe and comfortable environment that fosters mutual respect and responsibility for youth. NTC is a drug and alcohol free environment, and all programs offered by NTC are free to Nantucket youth in grades six through twelve. Operating hours are Monday-Friday, 2:30-6 PM.

American Red Cross, Cape & Island Chapter

286 South Street, Hyannis, MA 02601
Glen Beasley
508-775-1540 ext. 16
ccexdir@cape.com, info@cciredcross.com
www.cciredcross.com

The American Red Cross, volunteer-led, offers care to the victims of disasters by providing shelter, food and emotional support. In addition to disaster relief, the American Red Cross offers community services for disaster--affected victims; support and comfort for military members and their families incl. emergency messaging; collection, processing and distribution of blood and blood products; educational programs promoting health and safety; and international relief and development.

Department of Children and Families

500 Main Street, Hyannis, MA 02601
508-760-0200
Nancy.torrey@state.ma.us ; www.mass.gov

The Department's vision is to ensure the safety of children in a manner that holds the best hope of nurturing a sustained, resilient network of relationships to support the child's growth and development into adulthood

Child Abuse and Neglect Overview

The Department of Children and Families (DCF) is the Massachusetts state agency charged with the responsibility of protecting children from child abuse and neglect. To report abuse or neglect, call the Child-at-Risk Hotline anytime of the day or night at 1-800-792-5200

Family and Children's Services of Nantucket County

20 Vesper Lane, L-1 Gouin Village
Peter Swenson, 508-228-2689
pswenson@fcsnantucket.org

FCSN provides a broad range of mental health services to adolescents, adults, couples, and families who have experienced stress and conflict in their lives. The staff has expertise in helping people with problems including mood disorders, relationship and family issues, job stress, and many other life crises and transitions. Our team of Social Workers, Counselors, and Psychologists provide a continuum of community-based services.

Counseling services include individual psycho-therapy for adults and adolescents, psychiatric services, substance abuse services and family therapy. Outpatient mental health counseling is available to all seniors, and psychiatric and pharmacological services are provided 9 days a month.

Healthy Families Early Childbearing Program

A program of Health Imperatives

155 Katharine Lee Bates Road

Teresa Pacheco, MSN, RN

508-540-2968

tpacheco@healthimperatives.org

www.Healthimperatives.org

Healthy Families provides education to young parents about pregnancy, nutrition, labor and delivery, developmental milestones of the newborn, infant and toddler as well as parenting education related to children up to 3 years of age. Healthy Families provides home visiting for first-time parents under age 21. Parents are eligible for these services during pregnancy until their child is three years old. Services are offered on a voluntary basis. The program encourages health, completion of education, job attainment and development of life skills.

LaLeche League International

2 Greglen Avenue, PMB 244, Nantucket, MA 02554

Sunny Daily, 508-333-7105, nantucketdoula@gmail.com

La Leche League of Nantucket is a member of La Leche League International, a worldwide, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. All breastfeeding mothers, as well as future breastfeeding mothers, are welcome to come to our meetings or call our Leaders for breastfeeding help. The local volunteer Leaders are experienced breastfeeding mothers who have been accredited by La Leche League International and have access to the latest breastfeeding information. All women and their babies are welcome. You may start with any Series Meeting and come as often as you like.

Nantucket AIDS Network

35 Old South Road, Nantucket, MA 02554

Francesca Ifantiedes, Executive Director, 508-228-3955

Francesca@nantucketaids.org ; www.nantucketaids.org

Nantucket AIDS Network (NAN) is the island's center for HIV/AIDS and hepatitis care, prevention and education. We offer case management, wellness support and emergency assistance for Nantucket residents living with HIV/AIDS and/or Hepatitis C. We provide free testing for HIV and Hepatitis C, free screenings for Gonorrhea, Chlamydia and Syphilis, as well as free vaccinations for Hepatitis A & B. Prevention efforts include individualized risk assessments and risk reduction planning, supported referrals to other services which may help lower an individual's risk for HIV or hepatitis, trainings and other educational resources for community members and visitors. NAN also sponsors a youth program, Peers Promoting Action & Awareness (PPAA), which provides high school students with the opportunity to serve as peer resources and leaders on HIV and hepatitis risk reduction and education. All services are free and available in English or Spanish.

Nantucket Family Planning

20 Vesper Lane #3, Nantucket

Robin Rowland - 508 228 9189

rowland@healthimperatives.org

www.healthimperatives.org

NFP promotes and ensures reproductive health care for individuals of all ages. We are committed to providing confidential, non-judgmental, affordable and accessible services. Services include gynecological exams, male reproductive exams, Pap smears, STD screening, birth control methods, pregnancy testing and options counseling, HIV testing and referrals for other health risks and concerns. Interpreter services are available.

Nantucket Visiting Nurse Association (VNA)

c/o NCH, 57 Prospect Street, Nantucket, MA 02554

Sandie Corr-Dolby

508-825-8300

info@nantucketvna.org

www.nantucketvna.org

Certified Home Health Care Services

Nantucket VNA is a Medicare certified home health care agency. We offer a full range of home health services, with specialties from pediatrics to geriatrics. We can provide skilled nursing, rehabilitation services, personal care assistance, homemakers and medical social work. Our services are available seven days a week year round.

Tri-County Collaborative for Oral Health Excellence

115 Enterprise Road, Hyannis, MA 02601

Cheila Mageste

508-771-1375

cheilamageste@yahoo.com

www.oralhealthexcellence.net

Tri-CCOHE's Patient Care Coordinator will link Nantucket children and adults with barriers to dental care to a dentist they can afford, who speaks their language, accepts their insurance and accommodates their special needs. The Patient Care Coordinator speaks Portuguese as well as English. Tri-CCOHE is also working with many sectors of the Nantucket community to create an Oral Health Excellence Zone with increased access to care and decreased dental disease.